

Fairfax-Falls Church Community Services Board

Prevention Services FY 2009 Report



Vision: An engaged, resilient, and thriving community sustained by dynamic partnerships providing innovative services.

Mission: We serve, support and collaborate with our community, to promote mental wellness and prevent substance abuse.

Values: We believe:

- Prevention works.
- People can grow and change.
- Excellent service fuels best practice.
- Diverse communities foster innovation and strength.
- Together we can promote and sustain a healthy community.

December 2009

Who We Are – The Science of Prevention

The Prevention Services Division serves the community as the public agency responsible for facilitating the development of a thriving and resilient community. This is accomplished by providing direct services to the community at large, by collaborating with partners, and by building capacity so that the community is able to sustain programs that reduce substance use and increase mental wellness.

Concept of Services

Six Federal Strategies define the overall concept of services that prevent or reduce substance use and promote mental wellness. These are:

1. Information Dissemination – Activities include providing awareness and knowledge on topics related to mental wellness and substance use as it affects individuals, families, and communities. It provides knowledge of available prevention programs and services.
2. Education – Activities under this category are to affect critical life and social skills, including decision-making, refusal skills, critical analysis (e.g. of media messages) and systematic judgment abilities.
3. Alternative Activities – These are healthy activities that will deter participants from the use of substances and promote recognition and development of coping and resiliency skills. These are linked to an educational or skill-building activity.
4. Problem Identification and Referral – This is a service provided to individuals to screen if their substance using behavior can be reversed through education, or if their mental wellness can be increased through education/programming.
5. Community-Based Process – The goal is to build community capacity to enhance the ability of communities to more effectively provide prevention services and make programs sustainable.
6. Environmental – Establishing or changing written and unwritten community standards, codes, attitudes and norms and thereby positively influencing community wellbeing.

Classification of Interventions

Classification of Interventions by the Institute of Medicine to contain the federal strategies and to provide targeted services for optimal utilization of scarce resources are:

1. Universal Preventive Interventions – Activities targeted to the general public or a whole population group that has not been identified on the basis of individual risk.
2. Selective Prevention Interventions – Activities targeted to individuals or a subgroup of the population whose risk of developing a disorder is significantly higher than average.
3. Indicated Preventive Interventions – Activities targeted to individuals in high-risk environments, identified as having minimal but detectable signs or symptoms foreshadowing a disorder or having biological markers indicating predisposition for a disorder but not yet meeting diagnostic levels.

Program Types

There are three different program types:

1. Evidence Based Programs – Programs that have been subjected to critical review and have shown through research and evaluation to be effective. These are grounded in a clear theoretical foundation and can be replicated in a variety of settings to get the same outcomes.
2. Innovative Programs – These programs have been developed by acknowledged research organizations, have been recognized publicly, have received awards, and have been recognized to provide outcomes that promote mental wellness.
3. Responsive Programs In Development – These are programs that have been developed in-house to meet the unique needs of our community. These programs are evidence based and can be replicated.

Prevention – Diverse Resources Meeting Diverse Needs

The Prevention Division implemented many innovative responses to our current year challenges by seeking out multiple streams of revenue and forming mutually beneficial partnerships in the private sector. Some of our funding areas and programs they served are:

Region 1

Program: Al's Pals; 125 children served

Revenue: VTSF extended a grant award of \$83,333 to continue implementation of Al's Pals as a capacity building program.

Region 2

Program: Parents Raising Safe Kids; 20 parents and 16 children served

Revenue: A MetLife grant of \$1,000 received to support continued implementation of Parents Raising Safe Kids.

Region 3

Program: Senior Wellness; 3 series provided and 300 participants served

Revenue: A supplemental prevention grant from DBHDS for \$3,500 allowed us to start the planning and coordination of the first annual Operation Medicine Cabinet Cleanout. With several Fairfax County agencies, we were able to partner with private corporations to educate the public on prescription drug abuse and organize medication drop-off sites.

Region 4

Program: Tim Harmon 5K Race; 800 participants of all ages



Revenue: Prevention Services received a \$90,000 grant from Virginia Tobacco Settlement Foundation to implement the Too Good For Drugs program.

Countywide

Revenue earned in licensing fees from Leadership & Resiliency Program in FY 2009 was \$35,344. This revenue supported prevention activities across the Fairfax-Falls Church communities.

Our Vision – What We Do

Vision: An engaged, resilient, and thriving community sustained by dynamic partnerships providing innovative services.

Engaged Community

In FY 2009, Prevention Services provided:

- 18,500 hours of programming service
- 21,500 participants in related services
- Received grant funding from VTSF to continue implementation of Al's Pals and Too Good For Drugs

Resilient Community

Capacity-building training for:

- Parents Raising Safe Kids
- Girl Power!
- Al's Pals

Thriving Community

Innovative services for:

- Pregnant and new parents
- Preschoolers
- Elementary school aged youth
- Middle school aged youth
- High school youth
- Adult community members
- Senior citizens
- Faith-based organizations
- Community centers
- Recreation centers
- Homeless shelters – Homestretch
- Volunteer organizations – CASA

Dynamic Partnerships

Continuing collaboration with

- Fairfax County Community and Recreation Services
- Fairfax County Department of Family Services
- Office of Public Private Partnerships
- Fairfax County Police Department
- Fairfax County Health Department
- Fairfax County Public Schools
- Town of Herndon
- City of Falls Church
- School Community Coalitions
- Unified Prevention Coalition
- American Psychological Association
- Virginia Tobacco Settlement Foundation
- Saint Anthony's Catholic Church
- Dar Al Hijrah Mosque
- Reston Interfaith
- Harris Teeter
- Safeway
- Giant

Prevention Services: Program Delivery Status – 2008-2009

Prevention Programs, Events & Activities (15 total)	Program Administration Period (# Units) (start-end)	Roles			Demographic Served								Venue		Region			
		Direct Service	Technical Assistance	Liaison	Pre-School	Elementary	Middle	High School	Adults	Seniors	Parents	Immigrants	School	Community	1	2	3	4
Girl Power	32 wks/1x wk Sept – June	✓	✓			✓	✓						✓	✓	✓	✓	✓	
Leadership & Resiliency Program	52 wks/1-2x wk Sept – Aug	✓						✓					✓		✓	✓	✓	✓
Substance Abuse Awareness Week	1 week in October	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Get Real About Violence	12 sessions	✓	✓				✓						✓	✓	✓	✓	✓	✓
Get Real About Tobacco	8-18 sessions	✓				✓	✓						✓	✓	✓	✓	✓	✓
Tim Harmon Race	1 day in June	✓			✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓
Road DAWG	1 week in August	✓		✓			✓						✓	✓	✓	✓	✓	✓
Al's Pals	46 lessons 2x/wk Sept - May		✓		✓								✓		✓	✓	✓	✓
Senior Wellness	6 sessions	✓								✓				✓	✓	✓	✓	✓
Life Skills	Approx. 15 sessions	✓				✓	✓						✓	✓	✓	✓	✓	✓
Guiding Good Choices	5 sessions	✓									✓		✓	✓	✓	✓	✓	✓
Youth ACT (depression awareness)	1-3 sessions	✓					✓	✓			✓		✓	✓		✓		✓
Parents Raising Safe Kids	8 sessions	✓		✓							✓	✓	✓	✓		✓	✓	
Mental Wellness for Teens	12 sessions	✓					✓	✓					✓	✓			✓	
Too Good For Drugs	10 sessions	✓				✓	✓						✓	✓	✓	✓	✓	✓

Prevention Services Program Descriptions

Prevention Programs, Events and Activities	Brief Program and Service Descriptions
Girl Power	Girl Power is a nationally recognized program developed by the CSB. The program teaches substance use prevention and mental health promotion by skill building groups and activities, community service projects, and alternative activities.
Leadership & Resiliency Program	LRP is a nationally recognized licensed model program developed by the CSB. LRP provides various success experiences for participants. It works to enhance the internal strengths and resiliency of participants by teaching about goal setting, healthy relationships, and coping strategies, while preventing involvement in substance use and violence.
Substance Abuse Awareness Week	SAAW focuses on consciousness raising and increasing knowledge in the community about substance use disorders and recovery from all forms of addiction.
Get Real About Violence	GRAV is a research based prevention program that addresses a wide range of violent behavior in students: bullying, verbal aggression, fighting, social exclusion. It places emphasis on enlisting the support of bystanders, challenging violent norms, teaching social skills, and building communication and partnerships between adults and youth to stop violence.
Get Real About Tobacco	This research-based, multimedia tobacco prevention program meets CDC guidelines for addressing the subject of tobacco and its uses and abuses. Get Real about Tobacco aims to educate students on the harmful effects of tobacco, help them spread the message to others, and encourage current users to quit.
Tim Harmon 5K Race	Charity 5k run to raise awareness of Hepatitis-C, 10 th year of existence, \$80,000 raised for charity to date.
Road DAWG	One week summer camp for at risk middle school youth. The camp is organized and conducted by a coalition of providers: Police Department, CRS, Prevention, Schools. The goal is to reduce gang violence.
Al's Pals: Making Healthy Choices	Al's Pals is a resiliency-based early childhood prevention curriculum and teacher training program that develops personal, social, and emotional skills in children 3-8 years old. It helps children gain skills to express feelings appropriately, relate to others, accept differences, use self-control, resolve conflicts peacefully, cope, and make safe and healthy choices.
Senior Wellness	A six week discussion series focusing on wise use of medication, habits over a lifetime, how to talk to doctors, when one drink is too many, and emotions and how to handle them.

Prevention Programs, Events and Activities	Brief Program and Service Descriptions
Life Skills	A multi-week program targeting late elementary and middle school youth. An evidence based program that focuses on developing social skills and reducing major risk factors that promote substance use.
Guiding Good Choices	GGC is a five session program for parents of middle school youth to help them reduce the risk of drug use by their children. Focus is on communication skill development, warning signs, and community resources.
Youth ACT (SOS)	The program teaches youth how to identify symptoms of depression, self-injury, and suicidality in themselves or their friends and to respond effectively by seeking help from a trusted adult.
Parents Raising Safe Kids (ACT)	ACT—Adults and Children Together—Against Violence is a violence prevention project that focuses on adults who raise, care for, and teach children ages 0 to 8 years. It is designed to prevent violence by providing young children with positive role models and environments that teach nonviolent problem-solving.
Mental Wellness for Teens	A pilot program that has been developed for middle and high school students to promote wellness, enhance each participant's self esteem, social competencies, and to reduce risky behaviors.
Too Good for Drugs	A school-based prevention program designed to reduce risk factors and enhance protective factors related to alcohol, tobacco and other drug use among students. Too Good for Drugs builds five essential life skills: goal setting, decision making, bonding with pro-social others, identifying and managing emotions, and communicating effectively.

Our Mission – To Serve

Program	Classrooms / Sites	Participants
Leadership & Resiliency Program	15 schools – 16 groups	183 high school students
Girl Power	8 schools and community centers	91 elementary and middle school girls
Too Good For Drugs	39 classes	537 elementary and middle school girls
Parents Raising Safe Kids	6 centers – 8 groups	53 mothers and fathers
Get Real About Violence	5 centers	53 middle school students
Guiding Good Choices	1 site	6 parents
Life Skills Training	2 sites	23 middle school students
Teen Wellness	1 site	8 middle and high school girls
Senior Wellness	5 sites	341 seniors
Youth ACT	1 site	20 middle school youth



***Westfield and Robinson HS Leadership Resiliency Groups
volunteer at a pet adoption event.***

Our Mission – To Support

Program	Classrooms / Sites	Participants
Al's Pals	9 pre-schools – 19 classes	311 pre-school students
Girl Power	10 schools and community centers	150 elementary and middle school girls
Parents Raising Safe Kids	2 sites	20 mothers and fathers
Russian Delegation	1 presentation	8 government officials
Ugandan Delegation	1 presentation	6 government officials
Unified Prevention Coalition	3 presentations	45 community members
Tim Harmon Race	1 event	800 participants – all ages
Substance Abuse Awareness Week	1 week – multiple events	500 participants



Presentation to a Russian Delegation – Technical Assistance for Program Development

Our Mission – *To Collaborate*

Program	Partners	Classrooms / Sites	Participants
Road DAWG	Fairfax County Police Dept., Community & Recreation Services, Juvenile and Domestic Relations Court	3 sites	90 middle school participants
Too Good For Drugs	Virginia Tobacco Settlement Foundation, Fairfax County and Falls Church City Public Schools	Trainer and Train-the-Trainer	17 staff trained and 14 certified ToT
AI's Pals	Public/private day care	2 day training	35 pre-school teachers
Parents Who Host Lose The Most (materials distribution)	Public/private members of County-wide Initiative to Reduce Underage Drinking	35 ABC stores 70 7-Eleven stores	25,000 pieces of information to community members
Values In Prevention summer camps	Community & Recreation Services	5 middle schools	150 participants



A Main Street Child Development Center class enjoys time with AI!

Values – Prevention Works

Leadership and Resiliency Program:

- Retrospective post test results suggest that the program was successful in increasing the resiliency factors believed to protect against violence and ATOD use. Specifically, significant gains were made in the vast majority of competence areas.

Girl Power:

- Girls reported high assertiveness, appropriate social skills, and relatively high/regular participation in different types of leisure activities.



Girl Power Conference participants pose before the fun begins!

Values – People Can Grow and Change

Values In Prevention Summer Camp:

- “The most important thing I learned in prevention camp is...to think before I act.”

Al's Pals:

- “We LOVE Al's Pals.”



Southgate Girl Power participants enjoy a silly hat day with Sunrise Reston residents.

Values – Excellent Service Fuels Best Practice

Too Good For Drugs:

- Fidelity to the program was measured at 97.4%. This means that, per best practices for evidence based programs, almost all of the planned activities for this program, as outlined in the program manual, were conducted for each lesson.
- 85.3% of the students who participated in the Elementary School program indicated that they did NOT intend to smoke in the future. (83.2% State measure.)
- 91.7% of the students who participated in the Middle School program indicated that they did NOT intend to smoke soon or in the next year. (91.6% State measure.)

28th Annual Substance Abuse Awareness Week:

- Over 350 registrants with 94% of all attendees reporting the conference experience was good or excellent.



Substance Abuse Awareness Week 2009 – Ice Cream Social following the conference

Values – Diverse Communities Foster Innovation & Strength

Parents Raising Safe Kids:

- “I learned to respond instead of reacting when kids don't behave properly.”
- “I have shared this information with my daughter and with mothers who are raising kids.”
- “I used to share what I had learned weekly in this course with my family in Bolivia.”



Parents Raising Safe Kids First Alumni Conference – Saint Anthony's Church in Culmore

Values – Together We Can Promote and Sustain a Healthy Community

10th Annual Tim Harmon Race:

- 800 runners and walkers of all ages participated and raised \$14,500 for Hepatitis C-related charities.



2009 Tim Harmon Race

Prevention Services Focus for FY 2010

Given the continuing financial constraints and challenges, Prevention Services has used the 2008 Youth Survey results to shape our local, targeted, and strategic efforts so that we make optimal use of limited resources while engaging in more collaborative relationships with our public, private, and non-profit partners.

Some prevention needs, and areas of focus, are listed below:

Prevention Needs:

- In the 2008 Youth Survey, 39.4% youth reported that they believed that their parents' attitudes would be tolerant of their drug use. This is an increase of 8.1% over 2005 data.
- 51% of youth reported that high levels of crime and violence made their community an unsafe place to live, a 16.4% increase over 2005 data.
- After a decline in 2005, 8th grade lifetime inhalant use has risen to 2003 levels, with 14.2% students reporting use.
- Educate mental health and substance abuse intervention and treatment services on adopting strategies with a prevention focus.

Areas of Focus in Response to Needs – Highlights:

- Collaboration with Schools – Increase service provision to elementary schools to address violence and bullying.
- Collaboration with Community – Increase collaboration with community partners, including apartment complexes and interfaith agencies. To that end, programs will be implemented in neighborhoods in Reston and Annandale. We will be providing ongoing services to Dar al Hijrah Mosque and partnering with them to build capacity in the provision of services to their congregants. We will continue to provide programming at Saint Anthony's Church in Culmore. The Adams Center in Herndon will also be a collaborative partner in the provision of programs in Region 3. These programs will enhance services to a multicultural and diverse population that is not otherwise served preventatively.
- Collaboration with Countywide Prevention – We will work with the Countywide Prevention Initiative to raise awareness of Three to Succeed. Data shows that when youth have more protective factors, the likelihood they will engage in risky behaviors is reduced, including alcohol and drug use. We will educate parents on the importance of protective factors and their role in fostering protective factors in their child's life. Prevention Services will also partner on the Healthy Fairfax initiative, collaborate to promote mental wellness, and support Prevention Fund activities.
- Capacity Building – The purpose is to partner with community members to deliver and sustain proven preventative strategies. We will focus on training partners to implement prevention programs.

- Revenue enhancement – Revenue from licensing of the Leadership and Resiliency Program across the United States and Canada will continue to support local prevention activities.
- Environmental Strategies – With public, private, and non-profit partners, we will implement our first Operation Medicine Cabinet Cleanout Campaign during Substance Abuse Awareness Week this year. Our goal is to reach 250 organizational units and distribute 8000 flyers to parents in Middle Schools and High Schools and to members of the general public to raise awareness of the dangers of prescription drug abuse, the improper handling of such medications, and the danger to the environmental quality of life in Fairfax-Falls Church communities. Residents will have the opportunity to drop off unused or expired medications for safe disposal.
- Mental Health Promotion – Work with an emphasis on depression, suicide, and wellness will be a focus of our efforts this year. We will continue to implement Youth ACT, and will participate with area agencies in their efforts for community screenings and awareness raising campaigns. We will also implement a wellness program in community and school sites.
- Evaluation – By participating in regional community surveys and meetings, we will track emerging issues and community needs. Our goal is to be part of the solution with these issues, either singly or in collaboration with other agencies. We continue to gather data on all of our services and activities and we use it to measure community wide and individual impact as well as for quality improvement.